



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

Life's problems wouldn't be called "hurdles" if there wasn't a way to get over them! ~ unknown

Caregiver Tip: Preventing Falls

Falls are a serious safety concern for older adults, limiting a person's ability to remain at home and independent in the community. According to The Center for Disease Control and Prevention (CDC), one in four older adults fall each year. A fall can lead to hospitalization due to broken bones or a head injury and even result in death. After experiencing a fall, people often reduce their level of activity for fear of falling again. Falls can be avoided and there are proven ways to reduce the risk.

Tips to prevent falls include:

- Talk with your doctor about your specific risk for falls
- Review your medications and potential side effects
- Practice exercises that strengthen your muscles
- Get your vision checked
- Evaluate your home for safety

For more information on how to prevent falls read, [Important Facts about Falls from the CDC](#).

Resources:

[New to Medicare Presentations:](#) Learn the basics of Medicare coverage and choices Monday, April 8, 6-8 p.m., Burke Library. To RSVP call 703.746.5999 or email VICAP @alexandriava.gov.

[12-month Counseling for Caregivers:](#) The National Institute on Aging and New York University is providing free counseling via telephone and video conferencing for caregivers of loved ones with memory loss. To get more information on this program contact Gary Loyd at garylloyd@gmail.com or Tadessech Hailu at 656.754.2291 before April 15th.

Caregiver Support Group
Wednesday,
April 3, 2019
4-5:30 p.m. at the
Alexandria Adult Day
Services Center

For questions, comments or to remove your name from our mailing list, please email
DAAS@alexandriava.gov or call 703.746.5999.



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